

A Antidepressant

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

| Chemical | Dosage | References |
|-----------------------|---------------------|---|
| 5-HYDROXYTRYPTAMINE | -- | Martindale's 28th |
| 5-HYDROXYTRYPTOPHAN | 25 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| ALLOPURINOL | -- | Martindale's 28th |
| ASCORBIC-ACID | 2,000 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| BETA-AMYRIN-PALMITATE | -- | * |
| CAFFEIC-ACID | -- | * |
| CALCIUM | -- | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| ELEMICIN | ihl | Jim Duke's personal files. |
| FOLACIN | -- | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| FOLIC-ACID | 800 ug/day | * |
| GLAZIOVINE | -- | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| GLUTAMINE | -- | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| HYPERICIN | -- | Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989. |
| IBOGAINE | -- | * |
| ISOLIQUIRITIGENIN | -- | Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989. |
| LIQUIRITIGENIN | -- | Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989. |
| LITHIUM | -- | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| MAGNESIUM | -- | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| MELATONIN | -- | Medline (post 1990 searches filed in my computer) |
| MYRISTICIN | -- | Jim Duke's personal files. |
| PHENYLALANINE | 50-4,000 mg/day/man | * |
| PHENYLETHYLAMINE | -- | * |
| POTASSIUM | -- | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| PROSTALIDIN-A | -- | =ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp |
| PROSTALIDIN-B | -- | =ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp |
| PROSTALIDIN-C | -- | =ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp |
| PSORALEN | IC50=15-62 uM | * |
| PYRIDOXINE | 40-50 mg day | * |
| QUERCETIN | -- | * |
| ROSMARINIC-ACID | -- | * |
| SELENIUM | 200 ug/day | * |

| Chemical | Dosage | References |
|------------|-------------------------|---|
| SEROTONIN | -- | * |
| TRYPTOPHAN | 1-3 g/3x/day/orl/man | Martindale's 29th |
| XANTHONES | -- | * |
| YOHIMBINE | -- | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |